

KILIMANJARO TREKKING

Trekking route: Lemosho route

Trekking duration: 9 days / 8 nights (6 nights on Kilimanjaro and 2 nights in Arusha or Moshi)

Number of participants: from 1 person

Trek introduction:

The Lemosho route is one of our highly recommended routes, not only for the beautiful scenery but also the high summit success due to the longer and steadier walk in improving acclimatization. The first two days of the route have low traffic and are quite unspoilt, however, thereafter it joins with the Machame route to the summit. Starting from Londorosi Gate, the first two days are spent trekking through rainforest, where you may see wild game. It then traverses up to Shira Ridge, Kilimanjaro's third summit. From here you will ascend and cross the expansive Shira Plateau with fantastic views of Shira Cathedral. The descent is via the Mweka Route. The minimum time taken for the Lemosho route is 7 days, but again an extra day to acclimatize is recommended to improve the chances of summiting.

Trekking itinerary:

Day 1: Arrival in Tanzania at Kilimanjaro International Airport

On your arrival, you will be picked up at the Kilimanjaro International Airport and transferred to a hotel in Arusha town; where you will meet a mountain guide who will brief you on your upcoming trek and do an equipment check to make sure you have all the necessary mountain gears. The missing gears can be hired on this day or on the next morning before leaving for Kilimanjaro.

Hotel in Arusha: bed and breakfast included.

Day 2: Lemosho Glades (2385m) to Big Tree Camp (2780m)

You will be picked up at your hotel at around 08:00am and transferred to the Lemosho gate located on the western side of Kilimanjaro. After the registration process you will still start our climb steadily through the forests of the Lemosho glades to reach Big Tree camp where you will be spending the night.

Distance covered: 7km / 4.3miles

Approx. time taken: 4 hours

Meals: Breakfast, Lunch & Dinner Included.

Day 3: Big Tree Camp (2780m) to Shira 2 Camp (3900m)

Today you will cover a lot of ground as you trek across a plateau of grassy moorland and heather scattered with volcanic rock formations. We will trek through Shira 1 Camp from where there are often views of Kibo Peak floating on the clouds as we head towards our destination which is Shira 2.. We gain a reasonable amount of altitude as we head towards Shira 1 and parts of the route are fairly steep. As you proceed towards Shira 2 you will get the chance to view the Northern Ice fields from the western side of the mountain with some unusual views of Kibo. Our steady climb across the moorland of the Shira Plateau will help with acclimatization and we enjoy great panoramic views.

Distance covered: 16.5km / 10.3miles

Approx. time taken: 9 - 11 hrs

Meals: Breakfast, Lunch & Dinner Included.

Day 4: Shira 2 Camp (3900m) to Barranco Camp (3960m)

Your trek starts with an ascent with far-reaching panoramic views, walking in to the climatic zone of the upland desert and on the lava ridges beneath the glaciers of the Western Breach. You will reach the distinct pinnacle of the Lava Tower (4640 m), our high point for the day and a great place to enjoy your lunch. In the afternoon we make a steep descent to our camp for the night, located in

the base of the Great Barranco Valley (3960 m), sheltered by towering cliffs but with extensive views of the plains below.

Distance covered: 10km / 6.2miles

Approx. time taken: 7 hrs

Meals: Breakfast, Lunch & Dinner Included

Day 5: Barranco Camp (3960m) to Karanga Camp (3963m)

Our day starts by descending into the start of the Great Barranco, a huge ravine. We then exit steeply, up the Great Barranco Wall, which divides us from the southeastern slopes of Kibo. It's a climb over rock, not technical but long and tiring. Passing underneath the Heim and Kersten glaciers, we head towards the Karanga valley. From here we have a steep climb up from Karanga valley to our night's camp at Karanga camp, set at 3963m. For those feeling strong we will go for a mid-afternoon acclimatization trek up to around 4200m before descending back to camp for the night.

Distance covered: 5.5km / 3.4miles

Approx. time taken: 5 hours

Meals: Breakfast, Lunch & Dinner Included.

Day 6: Karanga Camp (3963) to Barafu Camp (4640m)

After a good night's rest and breakfast, we set off on our walk to Barafu camp at 4640m. The climb will take us across desolate scree slopes with no vegetation around us at all. It's a tough steep walk made more difficult by the altitude. On arriving at camp we eat and spend the afternoon resting as we prepare for a long night and day ahead. It is important to keep hydrated and warm. We have an early dinner and then try to get some sleep as we will be getting up at between 11pm and 12pm to start the climb to the summit.

Distance covered: 3km / 1.9miles

Approx. time taken: 3 hours

Meals: Breakfast, Lunch & Dinner Included.

Day 7: Barafu Camp (4640m) to UHURU PEAK (5895m) & down to Millennium Camp (3790m)

We start off at around midnight, and walk steeply upwards to the summit glaciers. We will be climbing scree for 4 to 5 hours but gain incredible height over a short distance. The views are spectacular. We should be on the crater rim at Stella Point (5739m) as the first rays of the sun hit us. Spectacular ice cliffs within the crater surround us and the views to jagged Mawenzi peak and beyond are breathtaking. Another hour's walking takes us to the summit, Uhuru Peak (5895m). We begin our descent by returning to Stella Point and then descending on scree slope and track back to Barafu Camp for breakfast, before finally heading down to Millennium Camp for a long well-earned rest.

Distance covered: 13.4km / 8.3miles

Approx. time taken: 12 - 15 hours

Meals: Breakfast, Lunch & Dinner Included

Day 8: Trek Millennium Camp (3790m) to Mweka Gate (1630m)

A gentle trek takes us down through the rainforest to Mweka Gate, where we complete park formalities and receive certificates, which you can hang up with pride! We are then met by our vehicles and return to the hotel in Moshi, where you can treat yourself to a hot welcome shower.

Distance covered: 12.1km / 7.5miles

Approx. time taken: 6 hours

Meals: Breakfast & Lunch Included.

Day 9: Depart Tanzania

The day is left free to wind down after the trek before your flight home. Depending on flight times you could go and explore Moshi town and grab some souvenirs before heading to the airport. Hotel in Arusha: bed and breakfast included.

Options after Kilimanjaro Trekking:

Safari, Zanzibar and other add-ons are available if you wish to continue exploring Tanzania.

*7 days trek on Lemosho route, prices per person in US Dollars,
valid from 01 January 2021 to 31 May 2022*

PRICES :

1pax = 2050 \$
2pax = 1880 \$ per person
3pax = 1850 \$ per person
4pax = 1830 \$ per person
5pax = 1800 \$ per person
6pax = 1780 \$ per person
7pax = 1750 \$ per person
8pax = 1750 \$ per person
9pax+ = 1750 \$ per person

PRICES INCLUDE:

- Airport or border transfers before and after Kilimanjaro trekking.
- Hotel in Arusha/Moshi, before and after trekking, bed and breakfast included.
- Transfer from the hotel to Kilimanjaro Gate for the start of trekking.
- Transfer from Park Gate to Hotel after trekking.
- Accommodation in the campsites during the trekking.
- All Kilimanjaro climbing fees.
- 3 meals per day during the trekking.
- The services of our mountain guide, cook and porters.

NOT INCLUDE IN THE PRICE:

- Lunches, dinners and drinks at your hotel before and after climb.
- Beverages during the trekking like alcohols.
- Sleeping bags and other private trekking gears.
- Travel insurance
- All items of personal nature.
- Tips to mountain guides, cook and porters (find below the recommended amounts).

Tipping guidelines on Kilimanjaro from the trekking group:

Tipping is a very cultural thing on Kilimanjaro. The tradition of tipping has evolved over the last two decades to it's current state. As a company, we don't get involved in the tipping process. We can only give you our guidelines on what the crew is expecting. Tips are given directly by you to the crew. There is a strong reason we can't include tips in the price itself. If we include the tips in the price, we can be accused of overcharging the clients for tips and underpaying the tips to the crew.

Here are the tipping guidelines:

Although larger tips are always appreciated by our staff, they will be extremely grateful if you follow the guidelines for tipping given below. These amounts given below are for the whole group.

For e.g, the whole group tips USD 15 to the cook per day. So these costs will be divided amongst the whole group.

Senior guide: \$20 – 25 per day from the whole group

Assistant guide: \$15 – 20 per day from the whole group

Cook: \$12 – 15 per day from the whole group

Waiter: \$10 – 12 per day from the whole group

Porter: \$8 – 10 per day from the whole group

Summit porter: \$12 – 15 per day from the whole group

Toilet crew: \$10 – 12 per day from the whole group

Crew for various group sizes:

To calculate tips, it's important to understand how large your crew size is going to be. Below we have listed the crew size from Group of 1 to 10.

Group of 1 climber - 1 Senior Guide, 1 Cook, 3 or 4 Porters

Group of 2 climbers - 1 Senior Guide, 1 Assistant Guide, 1 Cook, 7 Porters

Group of 3 climbers - 1 Senior Guide, 1 Assistant Guide, 1 Cook, 10 Porters

Group of 4 climbers - 1 Senior Guide, 1 Assistant Guide, 1 Cook and 13 Porters

Group of 5 climbers - 1 Senior Guide, 2 Assistant Guides, 1 Cook and 16 Porters

Group of 6 climbers - 1 Senior Guide, 2 Assistant Guides, 2 Cooks and 19 Porters

Group of 7 climbers - 1 Senior Guide, 2 Assistant Guides, 2 Cooks and 22 Porters

Group of 8 climbers - 1 Senior Guide, 3 Assistant Guides, 2 Cooks and 25 Porters

Group of 9 climbers - 1 Senior Guide, 3 Assistant Guides, 2 Cooks and 28 Porters

Group of 10 climbers - 1 Senior Guide, 3 Assistant Guides, 2 Cooks and 30 Porters

How to give tips to the crew?

The best way would be to collect the tips from the whole group, and then divide it amongst the whole crew. Tips can be placed in individual envelopes and the climbers can hand them directly to each crew member. You can also prepare two envelopes. One for the guide, assistant guides and cooks. You can hand this envelope to the lead guide. The other envelope is for the porters. You can hand this over to the porter's representative.

LIST OF PERSONAL GEAR OR EQUIPMENTS TO BRING FOR CLIMBING KILIMANJARO

Baggage:

Day Pack: During the climb your baggage will go ahead of you with the porters so you carry a day pack with all you need during the day. We recommend a 20 – 40L pack that is comfortable and has a waistband. Your daypack contents should include 2-4L of water, snacks, lunch, spare clothes required during the day, waterproofs, hats, gloves, sunglasses, passport, money and your camera.

Gear Bag: Your gear bag will be moved by a porter and you will not have access to it between camps, (you will have access to it only in camps). Bags must be of a duffle bag (ideal) or backpack design and weigh a maximum of 15kg. It will be placed in a waterproof bag during the climb. Hard cases are not suitable for this trek. Extra luggage that is not required during the climb can be stored at your hotel in Arusha.

Boots / camp shoes:

Boots: Good, waterproof hiking boots are essential. Good quality three season boots offer good ankle support, comfort and warmth and are essential. You should ensure these are well worn in prior to your climb.

Camp Shoes: A pair of trainers or Teva type sandals is ideal for evenings and at the hotel in Arusha.

Clothing:

Using the Layering System: The temperature will vary considerably according to the altitude and time of day. The layering system works best to cope with the variation in temperature as you can quickly and easily add or remove layers as needed to stay comfortable. At lower altitudes and during the day the days are normally warm and sunny but the temperature drops quickly at night and can reach -20C at altitude.

The layering system consists of:

Base Layer – high wicking, close fitting tights and top.

Mid Layer – a warm mid layer consisting of fleece or similar materials.

Outer layer – A breathable waterproof and windproof jacket and trousers.

Extra Warm Layer – A down jacket for use at night is pretty much essential and you may even wear it while climbing on very cold mornings.

Accessories: This system is then supplemented with gloves, hats, buffs etc. that you can take on and off quickly to regulate temperature.

Clothing list:

- Walking Boots –Three season trekking boots. Good ankle support and well broken in.
- Comfortable shoes/sandals – for wearing in the evenings around camp.
- Walking Socks – Good walking/trekking socks. If you buy good walking socks wearing one pair is fine but some people prefer two pairs. (3 Pairs are normally sufficient and I would suggest packing one really warm pair).
- Gaiters.
- Thermal Base Layer – Merino Wool is the best as you can wear for weeks without washing, synthetic is also fine. (2 sets)
- Fleece Trousers – I use power fleece which are great for walking in on really cold days and also for sleeping in when it's cold.
- Walking trousers (Zip-offs are great) – 1 or 2 pairs. (No Jeans)
- Shorts (1 or 2 pairs if not taking zip-off trousers)
- Waterproof Jacket (Gore-Tex or other breathable fabric).
- Waterproof Over trousers (Gore-Tex or other breathable fabric)..
- Long sleeved trekking shirt.
- T-shirts/Walking T-shirts.
- Thin Fleece Jacket/Top (Often called micro-fleece) – 2.
- Thick Fleece Jacket/Top – 1.
- Sun hat and sun/snow glasses.
- Warm Hat or Balaclava.
- Gloves (one pair thinner and one pair very warm)
- Buff or Neck Gaiter.
- Down Jacket (Available to hire in Arusha)
- Travel Towel

Essential equipments:

- **Duffle Bag/Rucksack** – To be carried by porter. I would recommend a good duffle bag of between 70-90L as they are generally waterproof, lockable and easy to access. North Face and Mountain Equipment both make excellent bags. The maximum weight for this bag on trek is 15KG.
- **Daypack/Rucksack** – A good day pack of between 25 – 40L for carrying spare layers, water, camera, snacks etc.
- **4 Season Sleeping Bag** (Rated to between -15 & -20°C) – Down sleeping bags are generally best as they are lighter and pack down smaller but synthetic bags are also fine. Sleeping bags are available to hire in Arusha.
- **Water Bottle and/or Camelback** (4 Litres) + purification tablets/system.
- **Head torch + Batteries** (Including spare bulb and batteries)
- **Books/Guides/Maps** as preferred. **(optional)**
- **Pocket Knife/Leather man/Swiss Army Knife (optional)**
- **Camera** – I would recommend taking spare batteries and film.
- **Waterproof liner** for both bags.
- **Walking poles** are becoming more popular. I use and recommend them. A pair is best but many walkers start with just one. Leki Makalu anti-shock poles are some of the best although there are numerous brands on the market.
- **Large plastic bin liners and Ziploc storage bags** of various sizes for keeping your kit dry.
- **Energy bars** and snacks – 2 per day.

Altitude sickness on Mount Kilimanjaro:

When climbing Mount Kilimanjaro, you should prepare yourself for the infamous mountain sickness. This phenomenon can hit everyone so remember to take certain precautions in the thin air. High up in the mountains there's less oxygen. In order to avoid being hit by the symptoms - headache, nausea, dizziness - you should take it slow the first times at higher altitudes and spend a few days without too many efforts before embarking on the more strenuous part of the trek. This way your body will get used to the oxygen-depleted air. If you are seriously affected by the altitude the best you can do is to come down from the heights as soon as possible.

Deposit & payment:

For a booking to be held as confirmed, at least a deposit of 50% is required, and if the trip program involves a lot of hotels and internal flights, our company may ask more deposit to manage those bookings. The balances of trip payments are due 14 days prior to arrival day in Tanzania or as may be agreed.

For the booking made within 14 days prior to the arrival date, the full amount has to be paid to secure the booking.

All bank transfer charges are to be settled by the client or agent respectively. This includes transaction fees charged by our bank.

Cancellations:

In case of trip cancellation please send to us the cancellation notice in writing. Cancellation shall only be effective from the date of receipt of cancellation notice.

If a booking is cancelled, the client is subject to a cancellation fee as follows:

61 days or more notice, 90% of the total booking cost shall be refunded.

60 – 31 days notice, 75% of the total booking cost shall be refunded.

30 – 15 days notice, 50% of the total booking cost shall be refunded.

14 – 0 day notice, 25% of the total booking cost shall be refunded.

Climate:

The climate is hot and sometimes humid. From December to March, when the north-east monsoon blows, it is hot and humid. In April and May heavy rains fall with June to October being the coolest and driest period. The lesser rains fall in November. Temperatures sway between 25 degrees Celsius and 35 degrees Celsius and annual rainfall is about 200mm.

However, it's the responsibility of the traveler to collect enough information about climate from various sources and be aware of the destination weather / climate before departing for his/her trip. The company operates all the year around, but the company will not be responsible for any nuisances or complaints based on the unexpected climate or weather encountered during the trip.

Travel documents, passports, visas and other travel papers:

It is the client's sole responsibility to ensure that passports, visas, health certificates, proof of vaccinations, Travel Insurance and any other documentation required are all in order for the countries to be visited.